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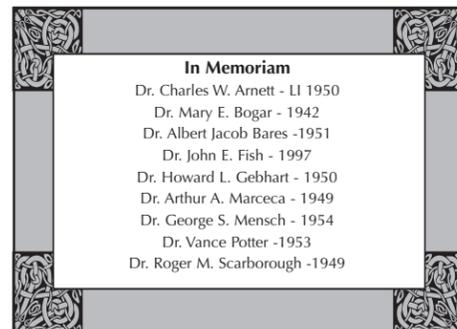
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Episte - what?

James F. Winterstein, DC
 NUHS President



Yes, epistemology. Epistemology is defined as “the investigation of what distinguishes justified belief from opinion.” In other words, how do we know that something is true and real and believable?

Epistemology is one of the usually accepted pillars of philosophy, which also includes ethics, logic, metaphysics, and aesthetics. The study of these five subjects comprised the gamut of philosophical investigation.

Whether we are members of the profession of chiropractic medicine, naturopathic medicine, or oriental medicine, epistemology and its study and application are vital to our acceptance by society.

In 1877, Charles Peirce (pronounced Purse) wrote his essay on epistemology titled “The Fixation of Belief.” In this essay, Peirce makes epistemology eminently understandable as he divides the process into the four following categories.

The method of tenacity: I believe this is true because it is what I believe, so therefore it must be true.

The method of authority: I believe this is true because someone in authority whom I trust says it is true, therefore it must be true.

The a priori method: I believe this is true because it stands to reason. It makes sense, therefore it must be true.

The method of science: I believe this is true because objective methods outside my realm of influence have been used to

...see **Episte - what** on page 2

67 Graduates Embark on Future

Forty-two doctors of chiropractic, seventeen massage therapists and eight bachelor of science degree recipients celebrated their academic accomplishments at graduation ceremonies on Dec. 15. Of particular note is the matriculation of five of the BS graduates into the January 2008 Doctor of Chiropractic Program.

Gene G. Venno, a lobbyist representing many allied health care trade providers, delivered the address at the College of Professional Studies commencement. Venno's firm, based in Harrisburg, Pa., early on was instrumental in assisting the chiropractic profession with legislative and regulatory changes that would result in inclusion in many health care statutes.

Referring to incidents in his own life, Venno offered the graduates three concepts to consider — connecting the dots, love and loss, and life and death.

Said Venno, “Today is an important part of your life. There is a dot in your mind that

you've established. As you go forward, your dots will not be in a straight line. When you look back you'll see the many trials and tribulations, successes and accomplishments.” These varying up and down dots will have a definite impact on your future, he added.



Gene Venno

Love and loss, in Venno's life, centered around his love of politics, which he defined as working with people, and his aspiration to a mayoral office that he lost. Regardless of your path in life, he said, what is important is working with people and how you treat them. “As you become practitioners, you want to be viewed as a practitioner who cares for his patients. That is the focus in your life.”

...see **67 Graduates** on page 2

Tokyo College Launches in 2009

Word has reached National University from Japanese colleagues that the Tokyo College of Chiropractic is now being launched and will accept its first cohort of students in March 2009. RMIT University will conclude its contract with the Japanese Chiropractic Association (JCA) to deliver the chiropractic program in Japan after the final graduation class in March 2012.

“We are pleased to have reached the point where JCA-K is able to stand alone as a chiropractic institution,” writes Kazuyoshi Takeyachi DC, FICC, new head of the JCA, who has worked tirelessly over the years with his brothers Hiroaki and Nobuyoshi to establish a respected chiropractic program in their homeland.

“The Takeyachi brothers should be congratulated for their commitment to increasing the standards of chiropractic education in Japan, first as RMIT University Chiropractic Unit – Japan and now the Tokyo College of Chiropractic,” said President James Winterstein. “We are proud and pleased to recognize Kazuyoshi, Hiroaki and Nobuyoshi, our distinguished National alumni, for their determination and dedication on behalf of the profession.”

The Tokyo College of Chiropractic will deliver the current four-year, 12-trimester chiropractic program but from 2012, it will lead to the doctor of chiropractic (DC) award. Currently, graduates are awarded two bachelor's degrees, a Bachelor of

...see **Tokyo College** on page 2

Postgraduate Courses for March - May 2008

March 1-2, 2008

Acupuncture 100-7: Adj. Patterns II
 NUHS Campus / Lombard, Ill.

Hypnotherapy: Session 1
 NUHS Campus / Lombard, Ill.

Key Rehab Strategies:
 Neck & Upper Extremity
 NUHS Campus / Lombard, Ill.

March 8-9, 2008

Acupuncture 100-3: Auriculotherapy
 Accessory Acupuncture Techniques
 Sheraton Hotel / Cleveland, Ohio

Clinical Nutrition: Session 1
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: Entrapments
 Neuropathies, EDX, PVD
 NUHS Campus / Lombard, Ill.

Functional Rehabilitation: Nutritional
 Biochemistry Factors
 NUHS Campus / Lombard, Ill.

X-ray Tech Program: Session 5
 NUHS Campus / Lombard, Ill.

Pediatrics: Prenatal Care
 & Webster Technique
 NUHS Campus / Lombard, Ill.

Kinesio Taping (KT1 & KT2):
 Fundamentals & Advanced KT
 Marriott Hanover / Whippany, N.J.

March 15-16, 2008

Clinical Orthopedics:
 Cervical Spine Trauma
 Braintree Hospital / Boston, Mass.

Rehabilitation:
 Cervical Spine & Upper Quarter
 Hilton Garden Inn / Fishers, Ind.

March 28-30, 2008

Acupuncture 100-4: Differentiation of
 Syndromes I; ACU 100 Exam Review
 Sheraton Hotel / Cleveland, Ohio

Acupuncture 100-8:
 Research, Review and Final Exam
 NUHS Campus / Lombard, Ill.

X-ray Tech Program: Session 6
 NUHS Campus / Lombard, Ill.

Sports Physician 100-3:
 Injuries to the Spine & Pelvis
 NUHS Campus / Lombard, Ill.

Key Rehab Strategies:
 Neck & Upper Extremity
 Braintree Hospital / Boston, Mass.

April 5-6, 2008

New Program!
 Impairment Rating - 6th Edition Update:
 Evolving Concepts and Transitioning
 Prerequisite: 36-hr 5th Edition Training
 NUHS Campus / Lombard, Ill.

Clinical Nutrition: Session 2
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: Mechanical
 & Non-Mechanical Thorax Pain,
 Scoliosis, Rib Cage Trauma
 NUHS Campus / Lombard, Ill.

Hypnotherapy: Session 2
 NUHS Campus / Lombard, Ill.

Pediatrics: Infant Assessment
 & Treatment Techniques
 NUHS Campus / Lombard, Ill.

Kinesio Taping (KT3): Advanced KT &
 Dysfunctional Movement Patterns
 Marriott Hanover / Whippany, N.J.

April 12-13, 2008

Impairment Rating I - 6th Edition Update
 NUHS Campus / Lombard, Ill.

Traditional Chinese Medicine:
 Session 3
 NUHS Campus / Lombard, Ill.

Rehabilitation: Soft Tissue
 Hilton Garden Inn / Fishers, Ind.

April 18-20, 2008

Acupuncture 200-1: ACU 100 Exams;
 Acupuncture's TCM Principles, Meridians
 & Acupoints
 Sheraton Hotel / Cleveland, Ohio

Biomedical Acupuncture: Joint Pain
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: DJD, Stenosis,
 Myelopathy, Post Element & Facet
 Braintree Hospital / Boston, Mass.

April 26-27, 2008

Functional Rehabilitation:
 Yoga & Advanced Core Training
 NUHS Campus / Lombard, Ill.

Sports Physician 100-4: Management of
 Injuries to the Lower Extremity
 NUHS Campus / Lombard, Ill.

May 3-4, 2008

Impairment Rating II - 6th Edition Update
 NUHS Campus / Lombard, Ill.

Clinical Nutrition: Session 3
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics:
 Clinical Anatomy of the Cervical Spine
 NUHS Campus / Lombard, Ill.

Hypnotherapy: Session 3
 NUHS Campus / Lombard, Ill.

Pediatrics:
 Nutrition through the Life Cycle
 NUHS Campus / Lombard, Ill.

May 16-18, 2008

Acupuncture 200-2: Differentiation of
 Syndromes II; The Eight Principles:
 Patterns of Disease
 Sheraton Hotel / Cleveland, Ohio

Functional Rehabilitation:
 Advanced Cervical Spine Rehab
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics:
 TMJ / TOS / Peripheral Entrapments
 Braintree Hospital / Boston, Mass.

May 31-June 1, 2008

Sports Physician 100-5:
 Injuries to the Upper Extremity
 NUHS Campus / Lombard, Ill.

Hypnotherapy: Session 4
 NUHS Campus / Lombard, Ill.

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Episte - what? ...from **page 1**

demonstrate the truth of this, therefore I believe it is true.

In the alternative and complementary professions, there is a lot of practice that is still firmly grounded in epistemological methods one and two — tenacity and authority. For some in the chiropractic profession, this is all that is required. I refer here primarily to those who simply insist that the old “beliefs” as taught especially by the Palmers MUST be true and therefore no one should argue with these immutable “truths.” Among these beliefs is the existence of the vertebral subluxation. Despite more than a century of talk about this elusive entity and endless spinal adjustments directed toward its correction, there still exists no acceptable scientific evidence for its existence.

Let me hasten to state for all to read that this does not obviate the value of spinal manipulation as a therapeutic tool. In fact, there exists a considerable body of scientific evidence now that spinal manipulation applied in a thoughtful and knowledgeable way usually has salutary effects on human health and disease.

Now let's look at what effect our tenacious adherence to the subluxation concept has with others in the health care professions. In a letter to Dr. Jim Smith of Georgia, Dr. George Lundberg, former editor of JAMA and current editor-in-chief of Medscape wrote the following about us:

“If some influential individual or group in chiropractic would follow your thesis, and would loudly and openly embrace EBM [Evidence Based Medicine], let the chips fall where they may, and, if I may push further, openly repudiate the “vertebral subluxation and resulting nerve pressure is the root of all diseases” (presumably the Palmer belief structure), then I and many other physicians could openly and without fear and derision look at what 2005 EBM chiropractors actually do and go forward together. Reactions? Willingness?”

No one in our profession responded positively to him because we are still tenaciously mired in the belief about “subluxation” and its effects on human health and disease.

I can hear some right now saying, “There goes Winterstein again, wanting to be an MD, or seeking approval from the MDs,” or some such comment. Well, they are wrong.

What I am looking for is social acceptance and credibility for chiropractic and other CAM professions and the way to get that is to embrace a method of epistemology that is embraced and accepted by others — and in fact, most in our society. That method is the method of science, which even with all of its flaws, is far ahead of tenacity, authority and a *priori* as a method of fixing our beliefs about what we do.

The reality is that if what Lundberg stated would be true, our profession could be vaulted very positively into the public eye. Do we have any idea what that could mean for the patients who currently have no idea about how we could help them? Like it or not, the allopathic profession still wields major clout in the field of health and people do listen to them — effectively, then, they become decision makers who affect us!

I think it is most unfortunate that many in our profession mindlessly adhere to dogma as a method of fixing belief. Dogma is the elevation of personal beliefs to the level of “the truth,” and many chiropractors simply follow this path and derogate anyone who questions their “faith.” Faith, the Bible says, “is the substance of things hoped for, the evidence of things not seen.” That is fully appropriate in our religious posture, but not in our profession.

If we wish to move ahead into greater social acceptance as a profession, not just as individuals who have gained such acceptance by virtue of their excellent education and practice, but as a profession, then we MUST accept and utilize the method of science as a way of “fixing our beliefs,” making our case as it were, and that is why we should be studying epistemology, the knowledge of our knowledge. The public needs us now more than ever.

We could easily become the “whole health physicians” of the near future, teaching patients how to regain and maintain health, devising programs of nutrition and exercise for them, urging them to cease bad habits, manipulating their spines when indicated, showing them the importance of flexibility and movement, and on and on. Instead, too many of us continue to promote a concept of health and disease that is completely grounded in dogmatic principles. I think it is time to stop all of that and seriously move into becoming the new generation of healers who provide what patients need most through the application of scientific principles of practice. What is your opinion?

Tokyo College ...from **page 1**

Applied Science (BAppSc) and a Bachelor of Chiropractic Science (BCSc). In many European countries, BCSc is recognized as a chiropractic degree equal to the DC in the U.S. and Canada.

RMIT University will maintain its collaboration with the Tokyo program and will continue to provide research scholarships for its graduates to undertake their doctorate (research-based PhD) at RMIT's Division of Chiropractic in Melbourne. There is also a new Master by Research program delivered by RMIT University in which Tokyo graduates who wish to undertake a higher chiropractic degree by research may do so in Japan.

THINK SUMMER!**HOMECOMING 2008**

June 20-22
DoubleTree Hotel
Chicago Oak Brook

For details:
Contact Shawna McDonough
Alumni & Development Coord.
630-889-6701
smcdonough@nuhs.edu

67 Graduates ...from **page 1**

Veno's third concept, life and death, was inspired by the quotation: Live each day of your life as if it was your last. “Every day I look in the mirror and ask myself, ‘If today was the last day of my life, would I want to do what I'm doing?’ Whenever the answer was ‘No’ too many days in a row, I knew I needed to change something.”

“The dots will never be in a straight line,” he concluded. “The dots will continue to change. Learn from each of those. Second story, love and loss. It's inevitable. Don't dwell on losing. Cherish the experience and win the next race. Third, embrace life as if every day was your last day on earth.”

Following his speech, the president conferred an honorary doctor of laws degree, LLD, on Mr. Veno, recognizing his many contributions to society, the chiropractic profession and NUHS. The awarding of the degree in effect makes him a member of the December graduating class.

National News

Fraser Smith, ND, assistant dean for naturopathic medicine, recently co-authored an article in the *Canadian Journal of Physiology and Pharmacology* on “Echinacea purpurea L. in children: safety, tolerability, compliance, and clinical effectiveness in upper respiratory tract infections” with Paul Richard Saunders and Read Weaver Schusky.



Randy Swenson, DC, MHPE, dean of the College of Allied Health Sciences, has been actively involved in recent events related to national massage therapy associations. He attended the American Massage

Therapy Association (AMTA) Council of Schools Conference and a meeting of the Massage Therapy Research Consortium in Savannah, Georgia, in January. In addition, Dr. Swenson has been a site team member for the Committee on Massage Therapy Accreditation (COMTA) for the past two years, and this February, he conducted his first visit as a team leader. He typically participates in four site visits a year.

Michael T. Haneline, DC, FICR, MPH, author of *Evidence-Based Chiropractic Practice*, presented a seminar on January 30 at NUHS for faculty, staff and students. Dr. Haneline discussed how to efficiently

search biomedical literature for solid evidence, how to quickly judge the reliability and validity of evidence, and how to use practical evidence-based principles in education and clinical practice. He is currently a professor at Palmer College of Chiropractic West and a member of the editorial review board and peer reviewer for several chiropractic and allopathic journals.

Jerrilyn Cambron, LMT, DC, MPH, PhD, **Jennifer Dexheimer**, LMT, **Patricia Coe**, DC, CMT, and **Randy Swenson**, DC, MHPE, co-authored an original paper in *The Journal of Alternative and Complementary Medicine*, Vol. 13, 2007. The article, “Side-Effects of Massage Therapy: A Cross-Sectional Study of 100 Clients,” examined the amount and type of negative side effects and positive (unexpected) effects experienced after a massage session. This is the first known study to define the rate of side effects after massage therapy treatment, data that is important for risk-benefit analyses of massage care. Larger studies are needed to verify data and assess effects.

Ron Mensching, vice president for business services, was recently elected president of the Lombard Chamber of Commerce, a group in which he has been active for several years. “This kind of community involvement goes a long way toward promoting our university while it also provides outstanding expertise to our village,” said President James Winterstein.

Two new student organizations have been formed recently on the NUHS campus. The **Naturopathic Medical Students Association** (NMSA) was created to inform and motivate NUHS naturopathic students, to investigate the development of natural medicine therapies, and to sponsor activities designed to prepare students to take their place the community as professionals and leaders.



Pictured above are NMSA members at Pike Place Market in Seattle, Wash., during last November's “Gathering,” a yearly conference for naturopathic students that was held at Bastyr University.

Also gaining renewed life on the campus is the **Student Canadian Chiropractic Association**, an organization to provide students with the opportunity to expand their ideas or familiarize themselves with the scope and requirements necessary to practice in Canada and the USA. In addition, the group provides support and information to all current and prospective Canadian students.

EBP Grant Funds Unique Student Opportunity

Thanks to grant support from the National Institutes of Health, two NUHS students had the opportunity to unplug from National for a trimester and participate in a unique internship experience at the University of Illinois at Chicago.

The NIH grant, which sustains an evidence based practice curriculum, enabled 7th Tri student Joe Ornelas and 10th Tri student Rachael Fabbri to pair with UIC faculty researchers in a mentored research setting matched with the student's interests and the researcher's current project. The students also took two graduate level courses at UIC, which transfer back to NUHS for credit. The grant pays for all tuition and fees and includes a stipend for the semester.



Joe Ornelas



Rachael Fabbri

At UIC, Joe worked on a research project looking at pay for performance initiatives and how they related to clinical integration measures and quality of care measurements. Rachael partnered with a graduate student working on her PhD

and her professor on how to formulate and execute a research project.

Currently, both students are preparing presentations, posters and papers for publication about their experience.

Dr. Barbara Sullivan, National's EBP project manager, says opportunities for DCs, NDs and other CAM practitioners in research abound. “The NIH and NCCAM have very exciting and worthwhile funding opportunities as well as some excellent programs for student loan repayment through research training and participation. NUHS students and alumni can take a look at <http://nccam.nih.gov/training/> for more information about funding.”